

# FITNESS JUMP ROPE.



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## GIVE MEMBERS A WORKOUT THEY'LL LOVE.

The ideal jump rope to add to your gym floor. Get members involved in jump rope training. A great all-rounder that will fit into circuits, PT sessions, bootcamps and more. Equally suitable for both beginners and advanced rope jumpers, Escape's Fitness Jump Rope will have gym members turning their attention to a new and fun form of exercise.

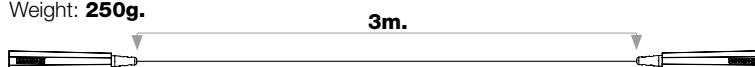


### WARRANTY AND BUILD.

Warranty: 6 month.

### DIMENSIONS AND WEIGHTS.

Length: 3m.  
Width: 5mm rope.  
Weight: 250g.



### CLUB BENEFITS.

**VIBRANT AND STYLISH RED DESIGN**  
NO MORE BORING ROPES.

**EXCELLENT NEW CHALLENGE**  
FOR MEMBERS TO ENHANCE THEIR WORKOUTS.

**DURABLE - HARD WEARING**  
PLASTIC HANDLE, NYLON COVER.

### PT BENEFITS.

**SKIPPING MAKES A GREAT STATION**  
IN CIRCUITS.

**CREATE NEW WORKSHOPS**  
BASED AROUND JUMP ROPES.

**LIGHTWEIGHT AND PORTABLE,**  
BUT SUPER EFFECTIVE.

### USER BENEFITS.

**EXCELLENT FOR IMPROVING**  
COORDINATION AND TIMING.

**EASILY ADJUSTABLE TO**  
SUIT UNIQUE MEMBER NEEDS.

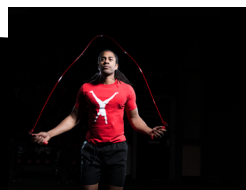
**LEARN A NEW SKILL.**



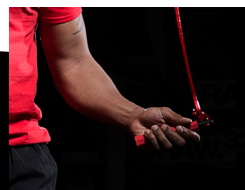
**VERSATILE 5MM ROPE** – fast enough for experienced jump ropers, slow enough for beginners.



**EXCITING NEW DISCIPLINE** – keep your gym or studio up-to-date and evolving.



**CHALLENGING AND ENGAGING** – incorporate ropes into bodyweight exercises as you build proficiency.



**PROVIDES OVERALL CONDITION** – arms, backs, shoulders, legs, abs, glutes all benefit from jump rope training.



**ADJUSTABLE HANDLE** – so all clients and members can use the rope efficiently.

The Fitness Jump Rope is an **excellent all-rounder** from Escape. Good-looking, adjustable and inclusive, the rope is great for people of **all fitness levels** to incorporate the jump rope into their training. Because the rope is slightly thicker than faster ropes, it is more forgiving on user's shins and legs if they fail, meaning they can **improve their technique with confidence**. It's perfect for the gym floor as users can dictate their own training and work towards proficiency goals that will help them improve their general fitness and conditioning. But why not use it for bootcamps, circuits, PT sessions, Group X and group training sessions? What's more, it's a really **fun** exercise and will bring a smile to all your members' or clients' faces.



**SEE THIS PRODUCT IN ACTION ONLINE.**